Food Service Supervisor/Manager Certification Course

Topic 1.5: FOOD PREPARATION AND SERVING

Developed by: NEPMU-2, Norfolk, VA

Course Number B-322-2101

ENABLING OBJECTIVES

- 1.20 DESCRIBE the proper food preparation procedures for raw animal products, eggs, fruits and vegetables, and home cooked food
- 1.21 STATE the time and temperature requirements for advanced preparation foods, leftovers, and thawing
- 1.22 DESCRIBE the proper food serving requirements

MINIMUM FOOD PROTECTION MEASURES

- Apply good sanitation practices in handling
- Maintain high personal hygiene standards
- Keep potentially hazardous foods (PHF) refrigerated or heated to temperatures that minimize the growth of pathogenic microorganisms

MINIMUM FOOD PROTECTION MEASURES

- Inspect food products for wholesomeness, temperature and sanitary condition prior to acceptance
- Cook PHF appropriately to kill harmful microorganisms
- Provide adequate personnel, equipment and facilities to ensure sanitary operation

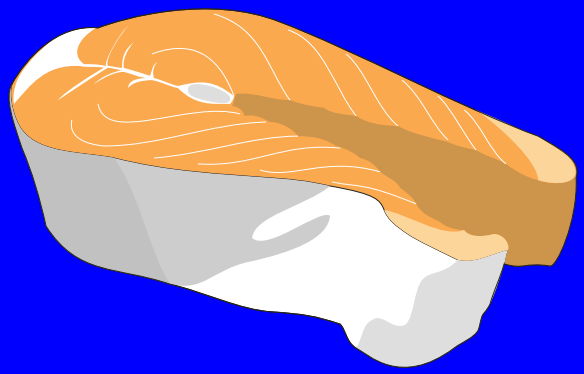
MINIMUM FOOD PROTECTION MEASURES

- Prevent rodent and insect infestation or contamination, as well as contamination of food with toxic chemicals

- Use properly designed, cleaned, and sanitized equipment for its intended use

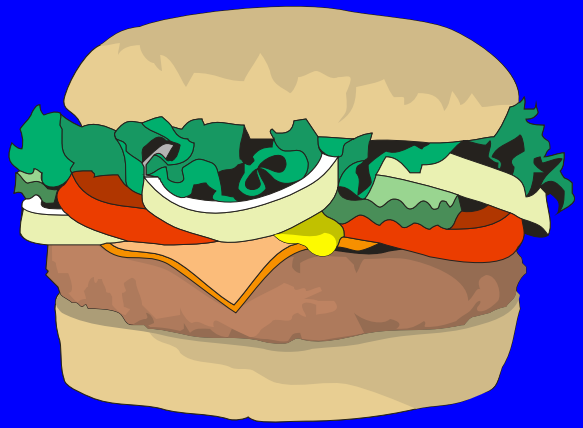
COOKING TEMPERATURES POULTRY/FISH

- Poultry, stuffed meats, fish, stuffing containing fish meat, poultry 165°F for 15 seconds
- Poultry can be stuffed, but must reach 165°F , be removed immediately and stored at 140°F until served



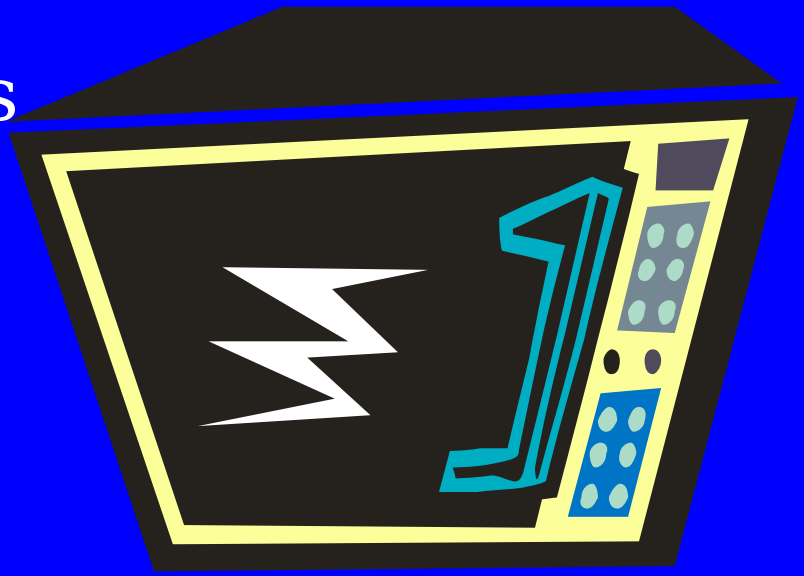
COOKING TEMPERATURES PORK/BEEF

- Pork and game 155°F for 15 seconds
- Ground beef 155°F for 15 seconds
- Roast and corned beef 145°F for 3 minutes



MICROWAVE COOKING

- Cover food
- Rotate or stir
- Heated to internal temp of 165°F
- Let stand for 2 minutes

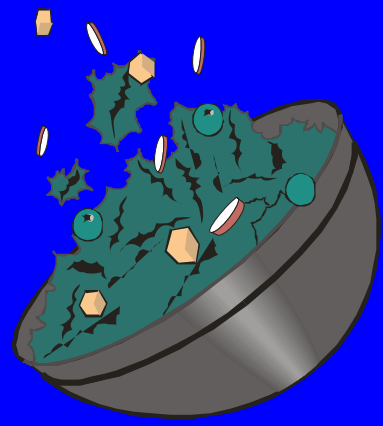


EGGS

- Raw eggs prohibited
- Pasteurized frozen table eggs in place of raw
- Cook shell eggs to 145°F for 15 seconds
- Cook no more than 3 qts of scrambled eggs made from shell eggs at a time
  - Cooked to 155°F
- Hold at 140°F or above
- Don’t combine fresh with old

FRUITS AND VEGETABLES

- Must be thoroughly washed
- Those of unknown origin must be chemically disinfected and rinsed
  - 15 minutes in 100ppm FAC
  - 30 minutes in 50ppm FAC
- Break apart cruciferous veggies before disinfection



HOME COOKED FOOD

- Not allowed in a food establishment
- Allowed for
  - Chapel suppers
  - Family child care
  - Neighborhood cookouts
  - Unit bake sales
- Home canned food is prohibited at all times

SAFE HOLDING

- At 140°F or above
- At 41°F or below
- PHF must not be held outside of range for more than 4 hours
- PHF ingredients served cold must be pre-chilled to 41°F or below prior to preparation

ADVANCED PREPARATION

- Follow HACCP principles
- If product contains PHF, may not be leftover
- May not be placed in hot holding
- Temperature logs are required for HACCP
- Must be cooled to 70°F within 2 hours, and to 41°F within 4 hours

ADVANCED PREPARATION RAPID COOLING

- Ice bath and agitation
- 3” product depth or less
- Use pre-chilled pans
- Circulate cold water in steam jacket or kettles
- Rapid chill reefer
- Immerse cooking dish in cold running water

ADVANCED PREPARATION RAPID COOLING

- Spread sliced items in shallow pans
- Distribute product among several reefers
- Use metal, stainless steel, or aluminum containers
- Reduce content of water during cooking and add ice afterwards
- Use ice paddles

ADVANCED PREPARATION

- Loosely cover hot foods during cooling
  - Tightly cover after food reaches 41°F
- PHF being transported must be held at or below 41°F
- Label
  - "Advance Preparation Food", discard date/ time
- May be held at or below 41°F for 72 hours

ADVANCED PREPARATION REHEATING

- Will take no longer than 2 hours to reach 165°F for 15 sec. Exceptions:
  - Whole beef roasts to 140°F
  - Commercially processed, hermetically sealed containers
- Held at 140°F for no more than 5 hours
- PHFs for cold serving must be held at 41°F or served within 2 hours

ADVANCED PREPARATION WAIVERS

- Waiver for freezing some food items (such as egg rolls, lumpia, etc.) may be authorized by PMA
- May require HACCP plan as directed by PMA

LEFTOVERS

- Food remaining, not yet offered on serving line
- Non-PHF from serving line
- PHF leftovers
  - Food with commercially prepared chopped or ground meat ingredients
  - Held at proper temperatures
  - Not placed on serving line
  - No PHFs that have been cooked, chilled, and reheated

LEFTOVERS PROHIBITED ITEMS

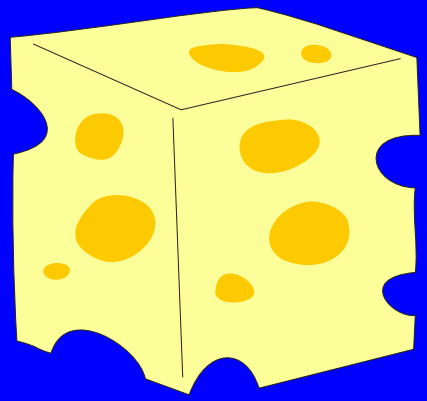
- Foods composed of heavily handled ingredients
- Anything recovered from serving line, except non-PHFs
- PHFs kept at 41°F -140°F
- Foods not chilled to 41°F or below within 4 hours

LEFTOVERS CHILLING/STORING

- Must be cooled to 70°F within 2 hours, and to 41°F within 4 hours, allowed to keep for 24 hours
- Freezing is prohibited
- Labeled with "LEFTOVER - USE WITHIN 24 HOURS", date and time
- May be kept 5 hours heated above 140°F

COMMERCIAL MEAT, CHEESES, AND SALADS

- Meats and cheeses, maintained at 41°F or below must be consumed within 7 days of opening
- Inspect visually before each
- Use all salads within 72 hou
- Label



THAWING

- Ideally, under refrigeration at 36°F-38°F in original containers or wrappers
- Do not thaw by excessive heat or warm air
- May be thawed in a microwave

THAWING
SHORE FACILITIES

- May be thawed under running water
  - Water temp of 70°F or below
  - Have sufficient water velocity
  - No portion thawed above 41°F for ready-to-eat

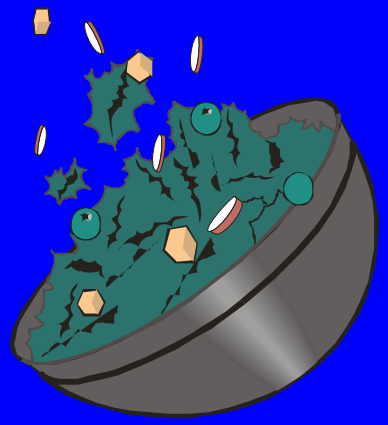
THAWING FLEET

- During emergency situations
  - Thawed in galley or meat prep space
  - Room temp not to exceed 80°F
  - PHFs kept in original container
  - Cook immediately
  - Notify PMA

SERVING LINES

- Must have sneeze shield
- Must be maintained at proper temps
- Temps must be checked frequently

SALAD BAR



- May be self service
- Must have sneeze shield
- All items pre-chilled
- All items placed on ice or on refrigerated unit
- Vegetables may be kept until end of day with visual verification of wholesomeness

SALAD BAR
PHFs

- Place in small quantities
- Replenish with new containers
- Must be discarded at end of meal

SALAD BAR DRESSINGS

- Non-commercially prepared, placed in bowls, must be discarded at end of meal
- Commercially prepared in small bottles that are kept under refrigeration when not in use are exempt
- If exempt from refrigeration,
  - must be placed in container with pump
  - refrigerated between meals
  - discard after 48 hours
- Single serve do not need refrigeration

SELF-SERVICE

- Authorized items
  - Bread, butter, crackers, relishes, condiments, beverages
  - Individually portioned deserts
  - Individually wrapped ice cream treats
  - Cookies
  - Fruit
  - Soft ice cream from dispenser

FAMILY STYLE SERVICE

- Must be authorized by PMA
- 4 hour rule compliance
  - Small quantities of food
  - Adequate utensils
  - Serving bowls not refilled
  - Salad items pre-chilled
  - PHF discarded after meal
  - Bulk ice cream may not be served family style

SUMMARY

- Minimum Food Protection
- Food Preparation
  - Cooking temperatures
  - Eggs
  - Fruits and vegetables
  - Home cooked foods

SUMMARY

- Safe holding temperatures
  - General guidelines
  - Advanced preparation foods
  - Leftovers
  - Thawing procedures
- Food serving
  - Serving lines
  - Salad bars
  - Self service items
  - Family style service